

Emma's Cajun (?) Red Beans Recipe

Ingredients

- 1/4 cup ghee
- 1/4 cup white flour
- 1/2 lb dried red beans
- Holy Trinity
 - 1 smallish onion
 - 3 celery sticks
 - 1 large green bell pepper
- chicken broth (or water)
- Spices
 - lots:
 - paprika
 - onion powder
 - oregano
 - black pepper
 - little:
 - thyme
 - garlic powder
 - red pepper flakes
 - cayenne powder

Procedure

1. Cook the beans in plenty of water and a nice pinch of salt, until they're edibly soft. (this can run well in parallel to the rest of the recipe!)
2. Chop up all of your vegetables SMALL! Frenchie-like
3. Put the ghee into a pot on medium-high heat
4. stir the flour into the ghee until it's uniform
5. KEEP STIRRING constantly as the flour is fried*. Keep ANYTHING from sticking to the pan at all. It'll foam up a little with nice uniform bubbles and ideally stay smooth and uniform.
6. Once it reaches a darkish caramel color** add in the veggies (it will smell AMAZING now)
7. Reduce the heat to medium and cook until the veggies are soft
8. add the spices, cooked beans with their liquid, and broth or water if it's dry.
9. stew it for like 30 minutes, it might try to settle and stick and burn on the bottom so stir every once in a while
10. serve with steamed white rice. Yum!

* You have to be SUPER vigilant here because if ANY of the flour burns (which it will do FAST) it will ruin the whole dish. There is no way to fix a burnt roux. Also id recommend using a wooden, not plastic spoon bc this all happening at frying temperatures

** Color guide: I usually take it to about the midpoint between "blond" and "brown" in the pic on the side

